

Irlen Short Diagnostic

- Do you skip words or lines when reading?
 - Yes
 - No
- Do you reread lines?
 - Yes
 - No
- Do you lose your place?
 - Yes
 - No
- Are you easily distracted when reading?
 - Yes
 - No
- Do you need to take breaks often?
 - Yes
 - No
- Do you find it harder to read the longer you read?
 - Yes
 - No
- Do you get headaches when you read?
 - Yes
 - No
- Do your eyes get red and watery?
 - Yes
 - No
- Does reading make you tired?
 - Yes
 - No
- Do you blink or squint?
 - Yes
 - No

- Do you prefer to read in dim light?
 - Yes
 - No
- Do you read close to the page?
 - Yes
 - No
- Do you use your finger or other markers?
 - Yes
 - No
- Do you get restless, active, or fidgety when reading?
 - Yes
 - No
- Do the letters/words move on the page when you try to read?
 - Yes
 - No
- Would you rate yourself as having trouble with reading?
 - Yes
 - No

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- If a student answers yes to two or more questions, please check them for Irlen.
 - You can obtain a set of color overlays from <http://irlen.com>.
 - Place each of the ten color overlays on a page with a lot of regular size print on a white background.
 - Have the student respond as to whether the print is easier to read with any particular color.
 - If yes, provide them with that color overlay for their use.
 - If the problem is sufficiently troublesome, you can also consider obtaining tinted glasses, but they need to be screened by a qualified Irlen screener and purchase the tinted lenses through Irlen. A list of qualified screeners is listed on the website.
 - Dianne Craft suggests that the visual processing issue may be the result a vitamin deficiency, in most cases DHA. DHA can be found in fish oil supplements. Please watch this short video for more information. <https://www.youtube.com/watch?v=eV8u1apmmrA>